

Chi Power Exercise & Video of the Month- for SPC-USA

6th Month Closed System Techniques – Invisibility 101

Equipment Needed: Sitting chair, egg timer or similar device

Degree of Difficulty: Adv Level Techniques

Lessons Learned: Teach individual how to create better circles with better form, creating denser heavier chi. Once individual learns concepts well, they will be able to use this particular technique method to turn invisible.

The Hula Hoop Exercise/Cylinder Exercise

1. Start out sitting in comfortable position on hard backed chair. Place your fingers & thumb in the position as indicated on DVD, which is similar to the “blue chi man” on the Chi Poster.
2. Create a hula-hoop around your body, circling at the knees, and try to feel the entire hula-hoop at once. Again, looking into darkened mirror or cathorade tube TV will aid in this exercise.
3. The four rules still apply, as they do in every Chi Power technique and exercise. The hula-hoop is a form in its own right, and should not morph; it should remain cool; it should feel euphoric. Hold it in place as well as you can in your mind, visualizing it all the while.
4. Do this technique as a 2 minute exercise for the next 30 days, trying to only make the form itself. See it as a solid shape as much as possible.
5. Once you can see the entire circle at the knees (1st tier), begin working on the 2nd tier at shoulder-height; the addition of the 2nd tier should include the already in-place 1st tier at knee-height. After 30 days, add the 3rd and final tier, located on the same plane as your temples (in your head). Again, this should include the already developed and in-place 1st and 2nd tiers. This leads to the chi cylinder.

- a. The cylinder derives from the construct of all three tiers rotating in unison. It is paramount that your forms remain cool, euphoric, and free of morphing. If you rush this exercise and build too fast, it will develop into a claustrophobic feeling.
 - b. If you build your cylinder correctly, you will find yourself encased in a feeling of euphoria that encircles you and stays with you throughout the day.
 - c. The chi cylinder is a form in and of itself that leads to many of the higher abilities: take care to properly develop and implement this technique.
6. Once you can maintain the entire form around your whole body, visualize ping pong balls filling each hula-hoop in each tier of your chi cylinder. This addition created even more chi and is not only key in the invisibility technique, but also in accordance with the science and technology of man-made invisibility cloaks and materials.
 7. Just like the screens, it takes time to get good at this exercise. Perform these exercises for two minutes indicated. After you have 30 days into doing the exercise with expert precision, you can up the time to max of five minutes.
 8. Once you can see the forms extremely well, you will notice if you are looking into a mirror, you will see yourself disappear. Over time, you can use this technique to disappear to others as more chi diffracts the visible light.
 9. Perform this exercise after performing racket exercise for 2 minutes. Go from 2 minutes of General circles, to 2 minutes of the racket exercise with or w/o chi stick; afterwards, do the hula-hoop/cylinder exercise for 2 minutes (put chi stick down during this exercise if using one).
 10. This exercise takes a min of several months to a year to do correctly, so allow your body the time to adapt properly.